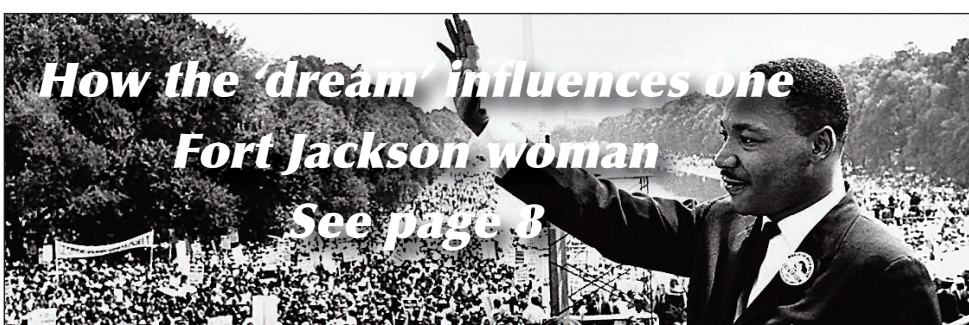


<b>INDEX</b>			
Commanders	2	FMWR	19
News	3-11	Health	22
Feature	8-10	School	23
Community	14-15	DHR	24
Army News	18	Sports	25



To contact the *Leader* with article suggestions or announcement requests, e-mail [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil) or call 751-7045.

# The Fort Jackson *Leader*

Thursday, January 8, 2009 Published for the Fort Jackson/Columbia, S.C. Community [www.fortjacksonleader.com](http://www.fortjacksonleader.com)

## Post facelift starts with barracks

### *Transformation tackles quality-of-life issues for BCT Soldiers*

**Susanne Kappler**  
*Leader Staff*

Despite the economic turndown, Fort Jackson officials are expecting a building boom that will change the face of the installation in the coming years.

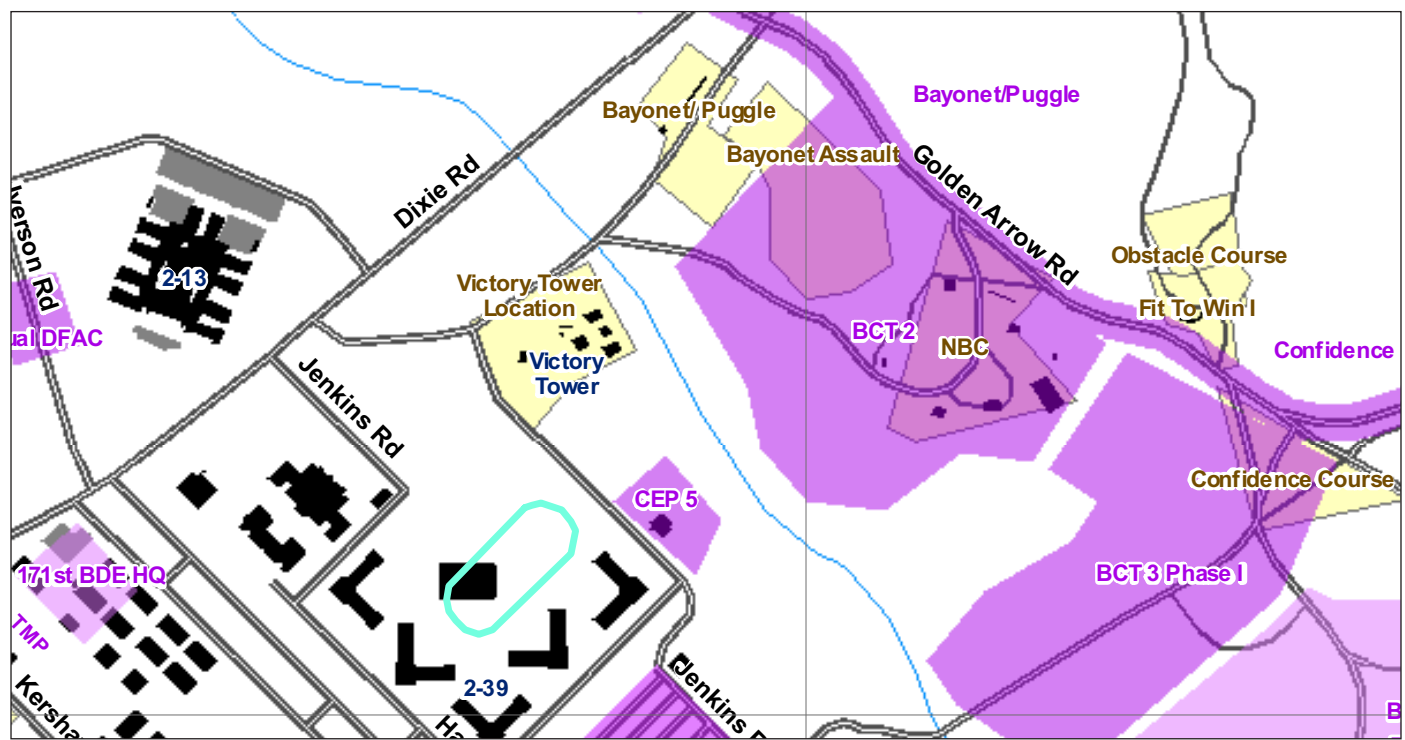
Construction is already under way for the Armed Forces Chaplaincy School, the new consolidated Drill Sergeant School and a new hotel, but that is only the beginning.

“We’re looking at ... unprecedented growth here at Fort Jackson, probably along the lines of the initial construction that built Fort Jackson,” said Josef Hallatschek, the installation’s master planning division chief. “It’ll take several years for us to get to where we want to be, but I would say over the next eight years, there’s just a tremendous amount of construction coming here.”

Hallatschek explained that the long-term goal is to have four sectors on Fort Jackson:

- The area north of Strom Thurmond Boulevard will be home to all Basic Combat Training units.
- Strom Thurmond Boulevard will be the post’s business center.
- Community- and family-related activities will be located close to the housing areas.
- The southern part of the post will be home to the industrial sector.

Col. Lillian Dixon, Fort Jackson garrison commander, emailed *See Facelift Page 6*



Graphic by Directorate of Public Works

*Two new Basic Combat Training starbases, labeled BCT 2 and BCT 3 on the map, are scheduled to be built off Golden Arrow Road. The map shows how planners envision Fort Jackson by 2025.*

## Best chow in the Army

**Susanne Kappler**  
*Leader Staff*

For the first time in the 41-year history of the Phillip A. Connelly Awards for Excellence in Army Food Service, a Fort Jackson dining facility will take home the Connelly Cup. The 2nd Battalion, 39th Infantry Regiment DFAC will be honored as the best large garrison DFAC Army-wide at a ceremony April 4 in Atlanta.

“It’s like the Super Bowl, so you know I’m feeling very good,” said Barbara Johnson, the facility’s manager. “It was just amazing that we had the opportunity to run and compete — and the fact that we represented Fort Jackson.”

The judges visited the DFAC Oct. 28 and evaluated all aspects of the facility’s operation, including food preparation, taste, nutrition, service and sanitation. The DFAC has competed for the third straight year and preparations for the 2008

contest started in January.

Michael Heckman, Fort Jackson’s food program manager, explained that the experience from the previous years has helped in the preparation.

“We probably focused a lot more on management style, organization, facility appearance and customer service,” he said. “We did a lot of improvements this year. It’s a great achievement. Everybody stepped up and did a lot of extra work.”

One member of the DFAC staff was singled out by the evaluators. Lamont Wright, who has been working as a cook at the DFAC for just more than a year, won the Exceptional Cook Award.

“I haven’t been around for so long and for me to get the Exceptional Cook Award — it’s an honor,” Wright said.

*See DFAC Page 4*

## AAFES employee mourned

**Daniel Terrill**  
*Leader Staff*

A memorial service for an Army and Air Force Exchange Service employee was held at the Main Post Chapel Wednesday night.

Priscilla Rankin, 51, a reorder associate at the Fort Jackson Main Post Exchange, died Dec. 19 following a car accident on Killian Road.

“She really enjoyed family whether it was hers or not, she made everyone part of her family,” said Teleki Whitaker, best friend and co-worker for eight years.

Whitaker added Rankin had a good heart and although they are both grandmothers, she called her “stepmom.”

“Anytime I was in trouble — something to do with work — it was always ‘Teleki Rankin!’ I knew I was in some kind of trouble,” she said.

Greg Roland worked with Rankin for nine years and was her supervisor, yet, he also



Rankin

*See Rankin Page 4*

# COMMANDERS' CORNER

## From the Commanding General

### Welcome back, we've got a wonderful year ahead

Let me premise this column by welcoming you back from Block Leave and saluting the scores of leaders, Soldiers and civilians who have made this otherwise complicated operation flow effortlessly.

We find ourselves at the beginning of a new year, ready to take on new challenges, and looking forward to what promises to be an exciting year.

I can't tell you how delighted I am that we broke ground for new family housing at year's end.

The ceremony marked the beginning of



**Brig. Gen. May**

a \$168 million Balfour Beatty Communities project that will include the demolition of more than 900 units and the construction/renovation of 850 homes. The new units will feature amenities found in off-post housing, but will offer our Soldiers and families the unrivaled convenience of being located on post.

This past year, we also unveiled our vision statement along with specific organizational goals, plans and programs. We intend to follow three lines of operation — training, quality of life, and sustenance and support — as we move forward with our campaign plan and bridge into the future.

Our campaign plan should be ready by

the end of next month. Furthermore, 2009 promises to be an electrifying year as well, from Army-wide and national perspectives.

We will be welcoming the new administration as our new commander-in-chief, President-elect Barack Obama, takes the oath of office this month. The inauguration itself will be of monumental historic significance.

This year is also designated the "Year of the NCO" by the Army's senior leadership. The purpose of this designation is to acknowledge the leadership, professionalism, commitment, courage and dedication of the Army's noncommissioned officers. The aim is to educate government officials

and the general public of the roles, responsibilities and the quality of our great NCO Corps.

We also want to make sure that we enhance NCO fitness, education, leadership development and pride in service through programs and policies.

I could go on and on listing the accolades of our NCOs, but I will save my comments for a future column.

For now, I just want to welcome you back and say I am thankful that you made it safely.

Let's get started with 2009. We have an exciting and challenging road ahead. I can't wait to take the journey with you.

Army Strong!

## Ask the Garrison Commander

### Military award; updating OMPF; changing services



**Col. Dixon**

**Q** Is there a time limitation on submitting a military award recommendation?

**A** Except for the provisions of Section 1130, Title 10, United States Code, outlined below, and in Army Regulation 600-8-22 (Military Awards), paragraph 1-15, each recommendation for an award of a military decoration must be entered administratively into military channels within two years of the act, achievement or service to be honored. Submission into military channels is defined as "signed by the initiating official and endorsed by a higher official in the chain of command."

However, pursuant to 10 USC 1130, a member of Congress can request consideration of a proposal for the award or presentation of decoration (or the upgrading of a decoration), either for an individual or unit not otherwise authorized to be presented or awarded because of limitations established by law or policy.

Based upon such review, the secretary of the Army will make a determination as to the merits of approving the award or presentation of the decoration and other determinations necessary to comply with congressional reporting under 10 USC 1130.

**Q** I have reviewed my Official Military Personnel File and notice the documents for my period in the National Guard as Reserve/Air Force are not on my file. How do I get my OMPF updated with these documents? Also, I was an officer and none of those documents are listed.

**A** If you have any of the documents from your prior service, copies are needed to update information to your current OMPF. If you were in the National Guard, contact the state that still maintains your file and have copies sent to [offrcds@conus.army.mil](mailto:offrcds@conus.army.mil).

Always ensure your Social Security number is on the documents you send. A request can be sent to Human Resources Command, Alexandria, Va., for any of your prior officer documents.

**Q** I am a former reservist, but enlisted into another branch of component of service, yet, I keep getting information from the Army Reserve that I am on its rolls. In addition, DEERS keeps listing me as an Army Reserve member, removing my benefits. How do I get this fixed?

**A** Former Troop Program Unit Soldiers should send a copy of their current enlistment contract or oath of office to their losing command so that they can cut orders to discharge them from the U.S. Army Reserve. Former individual mobilization augmentee or individual ready reserve Soldiers should send these documents to HRC-St Louis, Attn: AHRC-PAR, with a request for discharge orders.

#### Garrison Fact of the Week

The School Age Services Program now offers hourly care each afternoon for children in grades one through six. For reservations, call 751-6387.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail [Scott.Nahrwold@conus.army.mil](mailto:Scott.Nahrwold@conus.army.mil).

## The Fort Jackson Leader

**Fort Jackson, South Carolina 29207**

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#### Staff

Commanding General ..... Brig. Gen. Bradley W. May  
Public Affairs Officer ..... Karen Soule  
Command Information Officer ..... Joseph Monchecourt  
Editor ..... Carrie David Ford  
Staff writer ..... Mike Glasch  
Staff writer ..... Crystal Lewis Brown  
Contract writer ..... Susanne Kappler  
Contract writer ..... Daniel Terrill  
Web site ..... [www.fortjacksonleader.com](http://www.fortjacksonleader.com)



# NEWS

## VTCs reunite 'Hearts Apart' for the holidays

**Susanne Kappler**  
Leader Staff

In a perfect world, Maj. Jason Perez would have been home Christmas morning, watching his two young sons unwrap their presents and enjoying time with his family. But this year, Perez spent the holidays at Bagram Air Base in Afghanistan, where he is in the final months of a one-year deployment with the 101st Airborne Division from Fort Campbell, Ky.

Yet, thanks to a joint effort between Army Community Service and the Directorate of Information Management, Perez's sons Matthew, 3, and Alex, 6, were able to share some of the holiday spirit with their father during a video teleconference Dec. 30.

"Fort Campbell does these (VTCs) kind of on a regular basis, but I'm not able to get there, so I was really excited to do one here," said Karen Perez, Jason's wife, who lives with her children in the Columbia area.

The children wasted no time showing their dad their Christmas gifts, which they brought to the Fort Jackson VTC Center.

"This was mostly for them," Karen said about her sons. "I wanted them to have

something special, to see daddy. It's important. They miss him and pictures can do so much, but talking to daddy in person is a big deal."

The Perez family was one of 15 families who signed up for VTCs with their deployed Soldiers during the holiday season.

Patricia Guillory, ACS mobilization and deployment specialist, explained that the VTC was part of the "Hearts Apart" program, which assists family members during times of separation from their Soldier. She hopes the holiday VTCs will not be a one-time event.

"This is going to be one of our new additions to what we're doing for the families in 2009," Guillory said. "We're going to try to offer this at least quarterly, especially for holidays like Valentine's Day, Mother's Day and Father's Day."

Aretha Williams, VTC technician, takes special pride in the part she plays.

"Uniting military and family members through VTC is very rewarding," she said. "DOIM is pleased to be able to provide these services to our Soldiers."

For Karen, the VTC was a positive experience.



Photo by Susanne Kappler

**Karen Perez and her children Alex, 6, left, and Matthew, 3, share holiday experiences with Perez's deployed husband, Maj. Jason Perez, via video teleconference Jan. 30. The VTC was organized by the Hearts Apart program, in an effort to reunite families with deployed loved ones during the holiday season.**

"It's been neat to have had this opportunity just to see him and talk with him and let him see (the children)," she said.

Her oldest son, Alex, only needed one

word to describe what it was like to show his father his new toys.

"Cool," he said.

*Susanne.Kappler1@us.army.mil*

## Post welcomes back Soldiers

**Crystal Lewis Brown**  
Leader Staff

On Jan. 2, the temperature in Daytona Beach, Fla. was 70 degrees. In Manati, Puerto Rico, it was a balmy 83 degrees.

Those warm, beach climates were a far cry from the 41 degrees that it was here when Pvt. Sean Whitfield and Pfc. Efrain Cruz, both Soldiers with Company B, 3rd Battalion, 34th Infantry Regiment, arrived at the MG Robert B. Solomon Center last week signaling the end of Block Leave.

"It was so nice, I was on the beach yesterday," said Whitfield, a Florida native. "I felt bad just getting on the plane, leaving the warmth."

Whitfield and Cruz are two of the 6,826 Basic Combat Training or Advanced Individual Training Soldiers returning from Block Leave. This year's Block Leave period began Dec. 18. The two BCT Soldiers are slated to graduate Feb. 6 and will go on to AIT at Fort Lee, Va.

Besides the mild weather, both Soldiers said the biggest difference being home for the holidays centered on meal times.

"It's different when you're going to eat (and) people are talking to you and all you can see is your food," Cruz said. Unlike many families' holiday meals, BCT Soldiers' limited meal times are more about eating than socializing.

Whitfield added laughingly, "My girlfriend's parents said, 'You eat so much and so fast.'"

Sgt. 1st Class Tony Moten, a noncommissioned officer with the 171st Infantry Brigade, said processing the returning Soldiers went smoothly. He and several other Soldiers were responsible for making sure each returning Soldier had his or her military identification card, was correctly entered into the system and was returning to the correct unit.

Because many of the Soldiers graduated from BCT and went immediately on Block Leave, Moten



Photo by Crystal Lewis Brown

**A group of Soldiers returning from Block Leave waits in line in the MG Robert B. Solomon Center to have their military identification cards scanned. More than 6,000 Basic Combat Training and Advanced Individual Training Soldiers returned from Block Leave last week.**

said the most important part was ensuring those Soldiers made it to the right place.

"Most of the Soldiers don't really know, if they graduated, where they're supposed to be going," he said. "We just make sure they get to the where they're supposed to go."

"The Soldiers know exactly what's going on, so it's a really simple process," he said. All the Soldiers who come through here are wonderful. It's been a wonderful process. I credit that to the drill sergeants and the chain of command."

*Crystal.Y.Brown@us.army.mil*

## Come prepared, file early

**Daniel Terrill**  
Leader Staff

The deadline to file taxes is a few months away, but the sooner taxes are filed, the sooner refund checks are mailed. The Fort Jackson Tax Center ensures the cycle runs smoothly for service members, family members and retirees.

The Tax Center will offer state and federal tax filing at no cost starting Jan. 20 until April 15, which is the deadline to file taxes, said Capt. Vito Abruzzino, Tax Center officer in charge.

Last year, more than 3,000 patrons were assisted. This year, Abruzzino expects the same amount, if not more.

The Tax Center is run by volunteer Soldiers who have been trained by the Internal Revenue System.

Even though the volunteers are certified, Abruzzino recommends that patrons with an advanced investment structure, such as a highly diversified portfolio, consult a certified public accountant instead.

All patrons need to do is make an appointment, bring proper documentation, and then a volunteer will electronically file the patron's taxes, Abruzzino said.

The following documents are needed (some or all may be applicable): un laminated Social Security card; W-2(s) and 1098 forms; a blank check with routing number; last year's tax returns; investment dividend forms; interest statements; property tax and interest paid on homes and mortgage statements.

"Come prepared with the proper documentation because it's a waste of everybody's time if you show up empty handed," Abruzzino said. "Come prepared, and don't wait until the last minute."

The center is located in Building 2441 near the IG Office, which is off the corner of Essayons Way and Supply Road. It is open from 9 a.m. to 6 p.m., but this is subject to change. Patrons are seen on a first-come, first-serve basis, so volunteers ask that patrons make appointments. Walk-ins are welcome, but will have to wait.

A phone number to the Tax Center is not set up yet. So for more information, call the Legal Assistance Office at 751-4287.

*Daniel.Terrill@us.army.mil*



## Around Post

### Thrift Shop Sale

A Thrift Shop blowout sale is scheduled from 9 a.m. to 2:30 p.m., Saturday. For more information, call 787-2153.

### De-stress Your Life

The Fort Jackson Spouses' Club "De-stress Your Life" program is scheduled for Tuesday. The cost is \$12. RSVP by today. For more information or to RSVP, e-mail [fjsreservations@yahoo.com](mailto:fjsreservations@yahoo.com) or call 338-3882.

### EFMP Outing

An Exceptional Family Member Program outing is set for 5 p.m., Tuesday at EdVenture. The cost is \$1 per person. For more information or to register, call 751-5256.

### Martin Luther King Jr. Day Luncheon

The Fort Jackson Martin Luther King Jr. Day observance is scheduled from 11:30 a.m. to 1 p.m., Jan. 15 in the MG Robert M. Solomon Center. Tickets cost \$9 and can be purchased through the Fort Jackson Equal Opportunity Office, brigade EO advisers or battalion EO representatives. For more information, call 751-4117.

### Drill Sergeant Spouses' Course

A Drill Sergeant Spouses' Course is set from 8:30 a.m. to 2 p.m., Jan. 15 at the Joe E. Mann Center conference room. For more information or to register, call 751-5256/6325.

### IEC Meeting

An Information Exchange Council meeting is set for 9 a.m., Jan. 21 at the Post Conference Room.



## At your service

hours and phone numbers for key post facilities

**All South Federal Credit Union**, 782-9830 — 9 a.m. to 5 p.m., Monday-Thursday; 9 a.m. to 6 p.m., Friday.

**American Red Cross**, 751-4329/5923 — 8 a.m. to 4:30 p.m., Monday-Friday

**Andy's Fitness Center**, 751-4177 — 5 a.m. to 9 p.m., Monday-Friday; 8 a.m. to 6 p.m., Saturday; 10 a.m. to 4 p.m., Sunday; call for opening time on training and federal holidays

**Army Career Alumni Program**, 751-4109/4104 — 7:30 a.m. to 4:15 p.m., Monday-Friday

**Army Community Service**, 751-5256 — 8 a.m. to 4:30 p.m., Monday-Friday

**Army Continuing Education Services**, 751-5341 — 7:30 a.m. to 4:30 p.m., Monday-Friday

**Bowling**, Century Lanes, 751-6138 — closed Monday, 11:30 a.m. to 10 p.m., Tuesday-Thursday; 11:30 a.m. to 11 p.m., Friday; 1 p.m. to midnight, Saturday; 2-10 p.m., Sunday; Ivy Lanes, 751-4759

**Car Care Center**, 782-1639 — 8 a.m. to 5 p.m., Monday-Friday

**Chaplain Museum**, 751-8827/8079 — 9 a.m. to 4 p.m., Monday-Friday.

**Child and Youth Services**, 751-4865 — 7:30 a.m. to 4:30 p.m., Monday, Wednesday and Friday; 7:30 a.m. to 6 p.m., Tuesday, Thursday

**Civilian Personnel Advisory Center**, 751-3219 — 8 a.m. to 4 p.m., Monday-Friday

**Class VI**, 782-1601 — 9 a.m. to 7 p.m., Monday-Friday; 9 a.m. to 8 p.m., Saturday; 10 a.m. to 7 p.m., Sunday

**Coleman Gym**, 751-5896 — 5:30 a.m. to 9 p.m., Monday-Friday; 6 a.m. to 2 p.m., weekends, training holidays and holidays except Christmas and New Year's Day

**Commissary**, 751-5789 — 11 a.m. to 6 p.m., Sunday; 9 a.m. to 8 p.m., Tuesday and Saturday; 10 a.m. to 8 p.m., Wednesday-Friday

**Department of the Army Photos (TSC)**, 751-7593 — 8-11 a.m. and 1-3 p.m., Monday-Thursday

**Defense Military Pay Office**, 751-6669 (*Soldiers*), 751-4914 (*Civilian*) — 8-11:30 a.m. and 12:30-4 p.m., Monday-Friday

**Dental Clinics**, 751-5178/6017 — 7:15 a.m. to 4:15 p.m., Monday-Friday

**Family Health Center**, 751-2273 — 7:20 a.m. to 8 p.m., Monday-Friday; 8 a.m. to 4 p.m., training holidays

**Florist**, 738-1812 — 9 a.m. to 5:30 p.m., Monday-Friday

**Furniture Store**, 787-9175 — 9 a.m. to 6 p.m., Monday-Friday; 10 a.m. to 5 p.m., Saturday; 11 a.m. to 5 p.m., Sunday

**Hospital Retail Annex**, 782-1263 — 7 a.m. to 4 p.m., Monday-Friday

**ID Section**, 751-7731 — 8 a.m. to 4 p.m., Monday-Friday

**Legal Assistance and Claims**, 751-4287/3603 — 9 a.m. to 4 p.m., Monday-Friday

**LCI-SSSC**, 790-5306 — 8 a.m. to 4 p.m., Monday-Friday

**Main Outpatient Pharmacy**, 751-2259 — 7:30 a.m. to 5 p.m., Monday-Friday

**MG Robert B. Solomon Center**, 751-4056 — 8 a.m. to 8 p.m., Monday through Friday; 8 a.m. to 6 p.m., Saturday; 10 a.m. to 4 p.m., Sunday

**Military Clothing Sales Store**, 787-5248 — 9 a.m. to 6 p.m., Monday-Friday; 10 a.m. to 5 p.m., Saturday; 11 a.m. to 5 p.m., Sunday

**NCO Club**, 782-2218 — Regular hours are 7 a.m. to 3:30 p.m., Monday-Friday and 8 p.m. to 2 a.m., Saturday. The NCO Club is open later for entertainment and special events; call for details and times

**Officers' Club**, 751-4906 — 8:30 a.m. to 4:30 p.m., Monday-Friday (open to nonmembers); 11 a.m. to 2 p.m., Sunday brunch (members)

**Palmetto Falls Water Park**, 751-3381 — closed Monday; 11 a.m. to 7 p.m., Tuesday-Saturday; 1-7 p.m., Sunday

**Perez Fitness Center**, 751-6258 — 5:30 a.m. to 9 p.m., Monday-Friday; 10 a.m. to 6 p.m., weekends and training holidays

**Pools**, Knight, 751-4796 — 6 a.m. to 2 p.m. Monday-Friday; closed Saturday and Sunday; Legion — noon to 7 p.m., Monday-Friday; closed Saturday and Sunday

**Post Exchange**, 787-1950/1951/1952 — 9 a.m. to 9 p.m., Monday-Saturday; 10 a.m. to 7 p.m., Sunday

**Post Office**, 782-8709 — 8:30 a.m. to 5 p.m., Monday-Friday

**Recycling Center**, 751-4208 — 7 a.m. to 3 p.m., Monday-Friday; Open 24 hours for drop-off

**Refill Annex (PX mall)**, 751-2250 — 9 a.m. to 6 p.m., Monday-Friday

**Reuse Center**, 751-5121 — 10 a.m. to 2 p.m., Monday-Friday

**Safety Office**, 751-6004 — 7:30 a.m. to 4:30 p.m., Monday-Friday

**Shoppettes** — Lee Road, 782-0590 — 7 a.m. to 8 p.m., Monday-Friday; 8 a.m. to 8 p.m., Saturday and Sunday; Gate 1, 782-2076 — 7 a.m. to 9 p.m., Monday-Friday; 8 a.m. to 9 p.m., Saturday and Sunday; Gate 2, 790-4478 — 24 hours a day

**SSI Retail Annex**, 738-9189 — 8 a.m. to 2:30 p.m., Monday-Friday

**Theater**, 751-7488 — various times, Friday-Sunday

**Thrift Shop**, 787-2153 — 9 a.m. to 2:30 p.m., Tuesday; 9 a.m. to 5:30 p.m., Thursday; 9 a.m. to 2:30 p.m., first Saturday of the month

**Vanguard Gym**, 751-4384

**Vehicle Registration**, 751-5887 — 8 a.m. to 4 p.m., Monday-Friday

**Veterinary Clinic**, 751-7160 — 8 a.m. to 4 p.m., Monday-Friday

**Victory Travel**, 751-5812 — 8 a.m. to 5 p.m., Monday-Friday

*Anything we missed? E-mail us at [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil). This information will be published the first issue of each month in The Fort Jackson Leader.*

## DFAC (continued from Page 1)

Lt. Col. Collin Fortier, battalion commander, explained that the DFAC workers are the main ingredient in the facility's success.

"Their hard work and dedication to providing the best service to our Soldiers is evident every day and every meal," Fortier said. "They are not just DFAC workers to us — they are part of the team that transforms civilians to AAA-O Soldiers. Sure, our DFAC looks nice, but the secret is the awe-

some staff that works there. Now the rest of the Army knows how good our DFAC staff is."

Preparations for the 2009 competition will get under way soon.

"I brought (the employees) in and asked them, 'How does it feel to be the best?' And they said it was an honor. They were just excited," Johnson said. "I said, 'Well, we're getting ready to go again.'"

*Susanne.Kappler1@us.army.mil*

## Rankin (continued from Page 1)

referred to her as "mom."

Roland began and ended every work day, like many employees at the PX, with a hug from Rankin.

Rankin found time to talk to people whether it was about church, family, friends, home or work, Whitaker said.

Norma Cole, a co-worker for 11 years, said that Rankin had a lot of one-on-one interaction with everybody and that she was always willing to help.

In addition to the lasting impression Rankin

left with the Fort Jackson community, her name is also etched in PX history. She was voted Employee of the Month for December and was the fourth person to win the honor.

Rankin was a member of the Main Post Chapel and spent a lot of her free time there, Whitaker said.

Rankin was buried Dec. 27 in Statesville, N.C. She is survived by her husband Albert Rankin, son Albert Rankin III, daughter LaCresha Rankin, and three grandchildren.

*Daniel.Terrill@us.army.mil*

## Customer Service Corner

A Community FIRST focus group was held for family members Dec. 16 in the Plans, Analysis, and Integration Office conference room to discuss issues affecting the quality of life of all family members throughout the Fort Jackson community.

Issues surfaced by the delegates include:

**Issue:** Difficulty accessing counseling service information.

**Scope:** There is no readily available source of information listing counseling services on Fort Jackson, including chaplains and Army Community Services. People call one number and are redirected to another, incorrect number. Family members and Soldiers may give up and not seek counseling if it is too difficult to access services.

**Recommendation:** Create an accurate list of counseling services available to family members and Soldiers. Maintain and update this list on at least a quarterly basis.

**Issue:** Inconsistency of housing charges and practices.

**Scope:** With the transition to privatized housing, there is an inconsistency with housing charges and lease agreements. Units are expected to be move-in ready for the next occupant, and charges are based on rank not on unit size or work needed.

**Recommendation:** Standardize charges and practices with local community leasing practices; do not require units to be move-in ready for the next occupant; and base charges on unit size and work needed.

**Issue:** Palmetto Pediatrics dropping TRICARE

**Scope:** Palmetto Pediatrics is dropping TRICARE Prime insurance effective Feb. 1. More than 500 families will be affected — they will be forced to either find another care provider or to pay for charges out of pocket. This will cause undue hardship on families, many of whom have been with the provider for quite some time and are satisfied with their services.

**Recommendation:** TRICARE and Palmetto Pediatrics should immediately resume negotiations with a mediator and reach a resolution so that TRICARE Prime patients can continue to use their current doctor without interruption of care and services.

**Issue:** Inconsistent heating and cooling of post facilities.

**Scope:** The heating in on-post facilities is turned on and off at certain times of the year. The temperature in chapel facilities where children were cared for ranged from 65 degrees to 85 degrees all within the same month. The heat in Hood Street School Annex is not on; therefore, patrons who use the facility get cold. Inconsistent heating and cooling can result in more illnesses and a reluctance to continue to use the facilities.

**Recommendation:** Provide the means to heat and cool each facility on site.

**Issue:** ACS contracts.

**Scope:** Army Community Services recently has lost at least two key government contracts. More specifically, the

Exceptional Family Member Program will lose two support personnel; and Deployment Readiness will lose its sole personnel. Special events that were once planned and carried out by support personnel will no longer take place. This will also have a negative impact upon those using ACS because these programs will no longer be fully staffed and functional.

**Recommendation:** Re-staff EFMP, Deployment Readiness and other key positions in line with the Army Family Covenant.

The Family Member Focus Group was conducted as part of the Community FIRST quarterly issue resolution process. A complete list of issues that have been submitted through Community FIRST can be found on the Customer Management Services Web site: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

New issues may be submitted on the site as well, by clicking on “Submit an Issue or Recommendation” or on the Community FIRST Logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

### ICE Appreciation

The garrison congratulates the Dental Activity, specifically Hagen Dental Clinic, and Religious Support, specifically the Main Post Chapel. They have achieved a 4.89 and a 4.73 rating, respectively, in employee/staff attitude out of a possible 5.0 for a 12-week period.

## Facelift *(continued from Page 1)*

phasized that the first priority is to upgrade the barracks.

“This puts the Soldiers in facilities that they deserve to be in,” she said.

Renovations began in early 2007 on the rolling pin barracks on Magruder Avenue. Upgrades to the former 2nd Battalion, 485th Infantry Regiment facilities are expected to be completed by August, Hallatschek said. The barracks will be used as swing space, which means that a battalion will temporarily occupy the space while its facilities are being renovated.

“Every starship barracks, of which we have six, is scheduled for major renovation,” Hallatschek explained. “Each one will be vacated between now and 2016 to bring it up to the current standard.”

The first starships to be renovated are buildings 11000 and 12000, which are occupied by the 2nd Battalion, 60th Infantry Regiment and the 2nd Battalion 13th Infantry Regiment.

In addition to renovating the starship barracks, two new starbases — in the style of the 2nd Battalion, 39th Infantry Regiment barracks — are planned. The starbases will be located off Golden Arrow Road.

Construction on the first starbase is set to begin this fiscal year. According to Hallatschek, the plan is for the 1st Battalion, 61st Infantry Regiment to move into the new starbase in 2010 or 2011. The 3rd Battalion, 34th Infantry Regiment is scheduled to move into the other new starbase. A completion date for those barracks has yet to be determined.

Beside improving the Soldiers’ quality of life by upgrading the barracks, moving all basic training units north of Strom Thurmond Boulevard makes sense from a training perspective, said Mike Ryan, Fort Jackson strategic planner.


“The Soldiers save time. And they can use that time for training, instead of getting on the bus, getting off, the time they travel and everything else,” he said. “If they can gain just an additional 30 minutes a day, compound that by 10 weeks — that’s huge. Little things like that can make a big difference.”

*Susanne.Kappler1@us.army.mil*

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**■ Your good example will influence other drivers to do the same.**



# FEATURE

## MLK Day luncheon speaker has a dream also

**Crystal Lewis Brown**  
Leader Staff

When Thelma K. Gibson thinks back to Aug. 28, 1963, one thing that stands out is the heat.

A high school student at the time, she recalls being one of the few young people who traveled the almost 500 miles from Columbia to Washington by bus. And she remembers that the thousands gathered that day formed a sort of jovial atmosphere — “It was almost like a picnic,” she recalls — until “he” began to speak.

“He,” of course, refers to famed civil rights leader Martin Luther King Jr. whose speech that day — most commonly referred to as the “I Have a Dream” speech — has become one of his most famous.

“His voice was just so inviting that people started moving,” said Gibson, who now serves as assistant principal at C.C. Pinckney Elementary School. “Once he started the speech, people reassembled to hear it.”

Forty-six years after that speech, and 41 years after King’s death, the message he conveyed that day still resonates, Gibson said.

“Dr. King was an icon for each person lifting his fellow man up,” she said. “In order for me to succeed, I must help you to succeed. This country has been built on us helping each other.”

Gibson, who became the first black administrator in the Fort Jackson School System nine years ago, is no stranger to fighting for what she believes. Growing up in Columbia, she said she often partici-

pated in local demonstrations and marches.

“Columbia, at that time, was a meeting place for persons in civil rights,” she said. She remembers diligently marching around the capitol, enduring taunts, and even worse, being spit on.

It is that background that made Gibson a natural choice to speak at Fort Jackson’s Martin Luther King Jr. observance this year, said Sgt. 1st Class Chanley Pickard, 193rd Infantry Brigade Equal Opportunity Adviser. The Army’s theme this year is “Remember! Celebrate! Act! A day on, not a day off!”

The theme, he said, is a call for Americans to think of the holiday as more than just a day off work.

“Even the day you get off, try to do something positive,” he said. “What we’re trying to do is celebrate, not a month, but a person. He wasn’t just talking about black people, he was talking about all people.”

Gibson agrees that recognizing King’s works during yearly observances is a way to continue to bring people together. But despite the strides we have made as a country, Gibson cautions against the belief that King’s dream has come to fruition.

“There’s much work to be done,” she said. “Not only did Dr. King believe a person should be judged by their content of character and not the color of their skin, he also believed we were moving toward two societies, the haves and the have-nots. We have to improve on the separation of classes.”



Courtesy Photo

**Martin Luther King Jr. waves to the crowd outside the Lincoln Memorial in Washington where he delivered his famous “I Have a Dream” speech in 1963.**

She also said that continuing King’s legacy is as simple as helping another, no matter how small it may seem.

“It may mean listening to the child next door read. If you’re a drill sergeant, it may mean spending a few extra minutes to help that Soldier pass a course.

“No matter whether you’re black, white, brown, whatever your nationality, the things that Dr. King espoused should be demonstrated over this whole planet.”

The Dr. Martin Luther King Jr. Luncheon Celebration is scheduled from 11:30 a.m. to 1 p.m., Jan. 15 in the MG Robert B. Solomon Center. Tickets cost \$9 and may be purchased through the Equal Opportunity Office, brigade equal opportunity adviser or battalion equal opportunity representative. Tickets will be sold in advance only. For more information, call 751-4117.

*Crystal.Y.Brown@us.army.mil*



# FEATURE

## *Holdovers entertained during Block Leave*

**Daniel Terrill**  
Leader Staff

During Block Leave, Soldiers training on Fort Jackson were allowed to go home, a break welcomed by most.

But for Army Preparatory School graduate Pvt. Duy Nguyen, 22, going home was the last thing he wanted to do.

"I've only been here a month and they're asking me to go home for the holidays. It's too early for me, so that's why I've decided to stay. Just distance myself a little bit more to go through the full change."

He started Basic Combat Training this week and does not plan to see friends and family until he completes Advanced Individual Training and makes the transition from civilian to Soldier.

But what did Nguyen and the more than 100 other holdovers from various training battalions do for 15 days?

In the mornings, they exercised and then separated into groups based on training phase for specialized training until lunch. Afterward, they were granted free time and an on-post pass. They were also able to participate in off-post events, said Sgt. 1st Class Terrence Barnes, Company A, 2nd Battalion, 13th Infantry Regiment first sergeant.

Soldiers had the opportunity to attend five University of South Carolina basketball games, including the game against Clemson; shop at the Village at Sandhills and Columbia Place Mall; see "Lights Before Christmas" at Riverbanks Zoo; and eat dinner at local restaurants, said Jessie Stevenson, who works with Family and Morale, Welfare and Recreation marketing.

She added other scheduled events were held on Fort Jackson, like "Sports Day" at the MG Robert B. Solomon center during which they played basketball and volleyball, bowling at Century Lanes, watching bowl games on TV, and to give them a little taste of home, Christmas dinner and New Year's Eve dinner.

Soldiers who felt like staying at the barracks during their downtime had a li-



Photos by Daniel Terrill

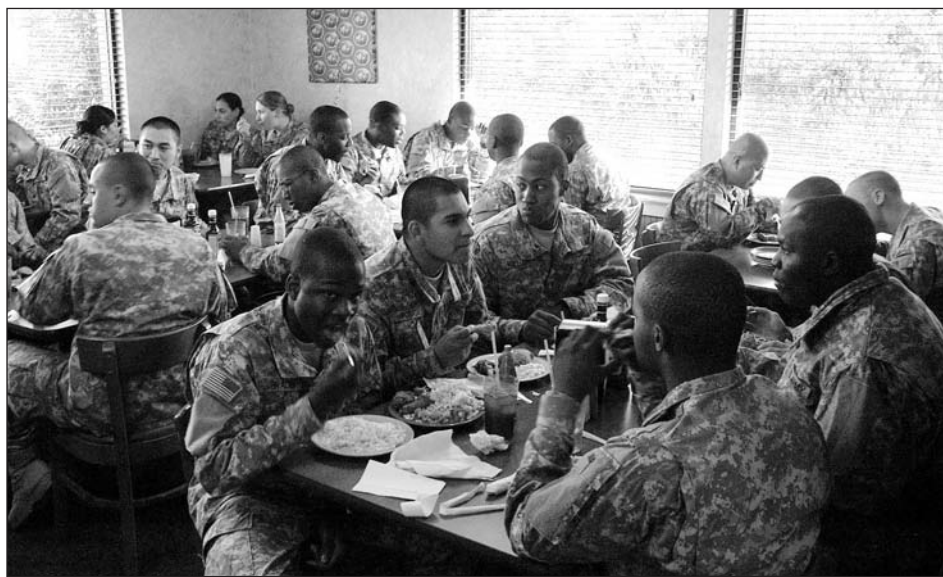
***During Sports Day, Dec. 30, Soldiers play basketball, volleyball and mini-golf at the MG Robert B. Solomon Center. Every day, holdovers from Block Leave had an event scheduled that they could attend. Sports Day was one of them.***

brary of books to read and movies to watch, and also a few video game consoles like Xbox 360 and the Nintendo Wii supplied by FMWR, Stevenson said.

"For whatever reason these Soldiers aren't going on leave, I think it's a good deal we have these types of events," Barnes said. "We're going to take care of (these Soldiers) and make sure it's enjoyable," Barnes said.

*Daniel.Terrill@us.army.mil*

***Soldiers who stayed during Block Leave were given free dinner at local restaurants as a substitute for holiday meals. After dinner, many attended a University of South Carolina basketball game.***





NEWS

Unemployment can be a gateway to entrepreneurship

Azure Celestine-Brown  
Financial Adviser

As the economy falters, more Americans are finding themselves among the growing ranks of the unemployed. The Bureau of Labor Statistics reports that 10 million people were out of work in October, with more than 10 percent of them older than 55 and up.

While no demographic group appears immune to the job cuts, older workers tend to face greater obstacles in and returning to the marketplace. According to the AARP, workers older than 55 are getting pink slips at a faster rate than other age groups and these workers have to search longer to find new positions.

With dim prospects in a tight job market, some mature and displaced workers are opting to apply their skills and experience to entrepreneurial efforts rather than hit the pavement in a fruitless job search. If out of work and over the proverbial hill, a person might want to take matters into his or her own hands and start a small business.

If you are an older American and ready to start your own business, you are not alone.

A survey by the Kauffman Foundation shows that Americans age 55 to 64 start

small businesses at a higher rate than any other age group measured.

Small-business start-ups growing in declining market

Decreasing opportunities in corporate America are only part of the reason why older entrepreneurs start their own businesses. Americans are also living longer and many will need additional income sources to bolster their underfunded retirement accounts.

Some are motivated by the challenge, others want to make meaningful contributions to society.

Some see a small business as an opportunity to leave a legacy and some view starting a business in the twilight years as a way to stay busy and remain active.

Position your skills to meet the needs of the marketplace

Older entrepreneurs have years of life and work experiences to draw upon to prepare for self-employment. Review your resume, skills and the business environment to decide where you can contribute and be successful. If a person has a special expertise, he or she may want to lend that knowledge as a consultant or freelancer. If those

who have an idea for a product or service, should explore the economics of turning this idea into a reality.

Develop a business plan that clearly identifies business goals, target market, competition, projected operating costs and revenues.

The research that goes into a business plan will help a person carefully consider what they are getting into, including the financial risks and increased responsibility.

Small Business Administration offers resources

The number of older entrepreneurs has caught the attention of the U. S. Small Business Administration. To support this niche of small-business owners, the SBA created the 50+ Entrepreneur Web site ([www.sba.gov/50plusentrepreneur](http://www.sba.gov/50plusentrepreneur)) containing information, advice and tools designed to help grow a successful business.

New media and global economy expand opportunities

The Internet and electronic media make it easier for people of all ages to market their skills and grow a business without bricks and mortar. With a computer and Internet connection, a person can reach out to

customers in every corner of the globe, deliver services from remote locations and create “virtual” partnerships. Everything needed to conduct a business is available online, through Web-based business networks, online marketplaces and online payment systems.

Get professional advice

Enlist the assistance of a knowledgeable e-business expert to make the most of electronic media.

A financial professional can help assess the impact owning a small business will have on a person’s financial goals, including the ability to finance future retirement. An adviser can lay out the financial situation to help determine if starting a business is financially feasible.

The insight of a tax adviser can ensure that a business is run in the most tax-efficient manner and help a person understand how future earnings might affect Social Security benefits.

*Editor’s Note:* Azure K. Celestine-Brown is currently a financial adviser with Ameriprise. She is a former Soldier and current Army spouse. For more information, e-mail [Azure.K.Celestine-Brown@ampf](mailto:Azure.K.Celestine-Brown@ampf).

January Promotions

<u>Name</u>	<u>Rank</u>	<u>Unit</u>	<u>Name</u>	<u>Rank</u>	<u>Unit</u>
Laurence J. Christian	MAJ	HQ, 1st Bn., 13th Inf. Reg.	John Rodriguez	SFC	Co. B, Victory Support Bn.
Marcus O. Robinson	SGM	Co. B, Training Support Bn.	Troy M. Roy	SFC	Co. D, 1st Bn., 61st Inf. Reg.
Frederick G. Bueno	MSG	Chaplain School	Michael T. Saba	SFC	4th FA BCD
Tara C. Barnwell	SFC	Co. E, 2nd Bn., 13th Inf. Reg.	Undra S. Smith	SFC	Co. B, Victory Support Bn.
Antonio L. Brown	SFC	Co. C, 1st Bn., 13th Inf. Reg.	Ayana R. Trimble	SFC	FTU, 120th AG Bn.
Shavodka L. Burton	SFC	Co. F, 2nd Bn., 13th Inf. Reg.	Tina R. Wallace	SFC	Drill Sergeant School
Michael V. Cavezza	SFC	Co. A, 1st Bn., 13th Inf. Reg.	Linda F. Wilson	SFC	NCO Academy
Debra R. Childs	SFC	Co. E, 2nd Bn., 13th Inf. Reg.	Letty R. Bolton	SSG	Co. D, 3rd Bn., 13th Inf. Reg.
Michael P. Childs	SFC	Co. A, 1st Bn., 13th Inf. Reg.	Sierra L. Burrell	SSG	HQ, 1st Bn., 34th Inf. Reg.
William C. Currie	SFC	Co. A, Victory Support Bn.	Melissa Elam	SSG	USA MEDDAC
Wesley D. Davis	SFC	Co. B, 2nd Bn., 39th Inf. Reg.	Ray Garcia	SSG	Co. B, Victory Support Bn.
Salvatore Digaetano	SFC	USA MEDDAC	Patricia Garrett	SSG	HQ, 2nd Bn., 13th Inf. Reg.
Tamara D. Gentle	SFC	Co. D, 2nd Bn., 13th Inf. Reg.	Joseph D. Gavin	SSG	Co. A, 1st Bn., 34th Inf. Reg.
Ricardo A. Guterrez	SFC	Co. C, 1st Bn., 61st Inf. Reg.	Sandra M. Owen	SSG	Co. C, 2nd Bn., 39th Inf. Reg.
Justin A. Hardy	SFC	Co. A, 2nd Bn., 60th Inf. Reg.	Paul A. Purser	SSG	USA MEDDAC
Michael E. James	SFC	Co. F, 1st Bn., 13th Inf. Reg.	Denee, N. Smalls	SSG	Co. F, 3rd Bn., 60th Inf. Reg.
Leslie L. Kennedy	SFC	Co. B, Victory Support Bn.	Lisa M. Soto	SSG	HHC 165th Inf. Bde.
Yolanda McCullough	SFC	Co. A, 369th AG Bn.	Melanie Williams	SSG	HQ, 1st Bn., 34th Inf. Reg.
Wayne V. Mitchell	SFC	Co. B, 1st Bn., 61st Inf. Reg.	Samuel L. Allen	SGT	HQ, 3rd Bn., 60th Inf. Reg.
Thomas Moore II	SFC	HHC, 187th Ord. Bn.	Shaunte Figueroa	SGT	Co. A, 3rd Bn., 60th Inf. Reg.
Delisha L. Oakley	SFC	HQ, 2nd Bn., 13th Inf. Reg.	Shemisha Miller	SGT	Co. D, 2nd Bn., 13th Inf. Reg.
Van C. Phan	SFC	Co. D, 2nd Bn., 13th Inf. Reg.	Sherri A. Winters	SGT	HQ, 1st Bn., 61st Inf. Reg.
David L. Rispress	SFC	Co. C, 1st Bn., 13th Inf. Reg.			



# COMMUNITY HIGHLIGHTS

## Have a Community Announcement?

Community submissions to the Leader should be typed, no more than 45 words, and should include: who (is affected or involved), what (it is), when (it occurs including time and date), where (it is taking place), and a why if necessary. They must be submitted to the Leader by noon, Monday. The Leader reserves the right to edit announcements for style, grammar and to fit the space. To submit an announcement to the Leader, e-mail it to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil)

## This Week

### AER Commanders and First Sergeants Referral Training

An AER Commanders and First Sergeants Referral Training is scheduled for 9-10:30 a.m., today in the Education Center, Room B-302.

For more information or to register, call 751-5256.

### Retired Officers' Wives Club

The Retired Officers' Wives Club is scheduled to meet at 11:30 a.m., Wednesday. RSVP by 3 p.m., Friday by calling 669-1768 or 783-1220.

### Baby Basics/Baby Bundle/Dad 101

Baby Basics/Baby Bundle/Dad 101 is scheduled from 10 a.m. to noon, Tuesday in the Joe E. Mann Center conference room. For more information or to register, call 751-5256.

### CIB Association

The Combat Infantryman Badge Association will have its quarterly meeting at 7 p.m., Tuesday at the Officers' Club. For more information, call 751-2333.

### Employment Readiness Orientation

Employee Readiness Orientation is scheduled from 8:30 a.m. to noon, Wednesday in the Strom Thurmond Building, Room 223. For more information or to register, call 751-5452.

## Upcoming

### Hearts Apart Social

A Hearts Apart New Year Social is set for 6-8 p.m., Jan. 15 at the Main Post Chapel activity room. For more information or to register, call 751-5256/6325.

### Starting and Running a Small Business

A free seminar titled "Small Business Development" is set for 9-11:30 a.m., Jan.

## Need a friend?

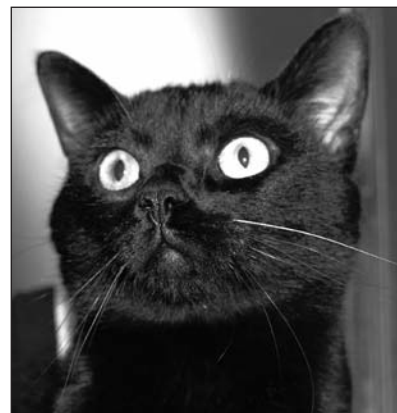


Photo by Susanne Kappler

**This 4-year-old black male cat needs a home. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.**

20 at the Education Center. For information or to register, call 751-6062.

### Steps to Federal Jobs

The workshop, set for 8:30-11:30 a.m., at the Strom Thurmond Building, Room B-302, will go through every step of the Army Resumix process for federal jobs. For more information or to register, call 751-5452.

### Financial Readiness for First-Term Junior Enlisted Soldiers

A mandatory financial readiness class for first-term junior enlisted Soldiers for whom Fort Jackson is the first duty station is set from 8:30 a.m. to 4:30 p.m., Jan. 21, at the Education Center, Room B-302.

For more information or to register, e-mail [Kimberly.Bottema@conus.army.mil](mailto:Kimberly.Bottema@conus.army.mil) or call 751-3580.

### Scholarship Class

A Spouse/Dependent Kids Scholarship class is set for 1:30-2:30 p.m., Jan. 21 and 28 at the Strom Thurmond Building, Room 223. For more information or to

## River Raiders hawkeyes



Courtesy Photo

**Pvts. James Walters, left, and Dana Gregor both were designated hawkeye by shooting a perfect score during Basic Rifle Marksmanship before Block Leave. Both Basic Combat Training Soldiers are with Company A, 3rd Battalion, 60th Infantry Regiment.**

register, call 751-5452.

### Levy Briefing

A Levy Briefing is set for 2:30-3:30 p.m., Jan. 21 at the Strom Thurmond Building, Room 213. Classes are open to everyone. Registration is free but required. To register, call 751-3580 or e-mail [Kimberly.Bottema@conus.army.mil](mailto:Kimberly.Bottema@conus.army.mil).

## Announcements

### Soul Line Dancing

A new Soul Line Dancing session began Tuesday. For more information and to register, call 751-4893.

### Housing Area Traffic Changes

Demolition and construction is currently taking place. Roads will be closed and redirected. Changes include:

**Howie Village** — Furman Smith Road at McLeod Court will change to two-way traffic starting Dec. 18. On-street parking will not be allowed from that point on. Overflow parking will be available in McLeod Court. Furman Smith Road off Lee Road will be redirected to Semmes Road and Knight Avenue.

**Pierce Terrace 2** — Owens Road between Mills and Willett roads will be closed, including Wells and Yarbrough courts. Pedestrian and vehicular traffic will be available off Willet and Chesnut roads.

**Pierce Terrace 6** — Mills Road from Brown Avenue to Imboden Street will be closed, including Batson and Boone courts. Also closed are buildings 5717, 5719, 5721, 5723, 5729 and 5751. Imboden Street will remain open for pedestrian and vehicular traffic.

**Bradley Court and Building 5790** — This area will be fenced off entirely. Brown Avenue will remain open for pedestrian and vehicular traffic.

### Range Control Class Change

The Range Control OIC/RSO class began Tuesday to take place in the Education Center Room 308. The class will still take place every Monday and Friday, except for holidays and training holidays.

### Notice of Availability

Under Section 106 of the National Historic Preservation Act, Fort Jackson announces the availability and invites public comments for a Memorandum of Agreement pertaining to the mitigation of adverse effects to an archeological resource. All public input and comments on this proposed plan are requested within 30 days of this notice. The final draft may be viewed at the Cooper Branch of the Richland County Public Library or the Thomas Lee Hall Post Library. For more information, call 751-7153.

### National Image Inc. Award

Submissions for the National Image Inc. 2009 meritorious service award are being accepted until Jan. 16. For information, contact the installation Equal Opportunity Office at 751-4916 or e-mail [Janee.Simmons@conus.army.mil](mailto:Janee.Simmons@conus.army.mil).

### 2009 Freedom Award

Nominations for the 2009 Secretary of Defense Employer Support Freedom Award are being until Jan. 19. National Guard and Reserve Soldiers and their family members are eligible to be nominated. For more information, or to nominate, visit [www.freedomaward.mil](http://www.freedomaward.mil).

### Family Child Care Web Site

The Family Child Care Web site, [www.armyfcc.com](http://www.armyfcc.com), offers installation program information about FCC for the general public. Interested parents may visit CYSS Central Enrollment or the FCC

# COMMUNITY HIGHLIGHTS

office to request a password to view FCC provider profiles.

### DeCA Scholarship Applications

The Defense Commissary Agency is accepting applications for its 2009 Scholarships for Military Children Program. The deadline for applications is Feb. 18. Scholarship applications are available in commissaries or online at <https://www.commissaries.com> or <https://www.militaryscholar.org>.

### EO Training Web Site

The Equal Opportunity Training Proponent has launched EO Net. EO Net provides one-stop shopping for EO information and training material. The site is

available for anyone with a valid AKA account. For more information, visit <https://www.us.army.mil/suite/page/463396>.

### American Red Cross Orientation

Beginning Tuesday, the American Red Cross new volunteer orientation is scheduled for the second Wednesday of each month.

**Landscaping and Refuse Collection** Housing residents are reminded of the weekly landscaping schedule:

Monday — Pierce Terrace 1 and 2.  
Tuesday — Pierce Terrace 3 and 4;  
Wednesday — Pierce Terrace 5 and 6.  
Thursday — Howie Village and Pershing area.

Friday — Pierce Terrace 7 and rain day make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

Refuse collection is scheduled for regular trash pick up, recyclables and yard debris and bulk trash.

No trash of any kind may be put out before 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

Monday — Pierce Terrace 1,2,3 and 6.  
Tuesday — Pierce Terrace 4,5,7 and Howie Village.  
Wednesday — recyclables and yard debris;  
Thursday — bulk trash.

For more information, call 787-6416.

### 208th RSC Vacancies

The 208th Regional Support Group, an Army Reserve logistical unit, has vacancies in all military occupational specialties in the ranks of sergeant to lieutenant colonel. For more information, call 751-9724 or e-mail [Glenn.Baker@usar.army.mil](mailto:Glenn.Baker@usar.army.mil).

### Reserve Recruiting

The 1st Battle Command Training Group in Birmingham, Ala., has openings for Soldiers of all military occupational specialties in the rank of sergeant first class through lieutenant colonel. For more information, call (205) 987-8443 or e-mail [Larry.Kingsr@usar.army.mil](mailto:Larry.Kingsr@usar.army.mil).

## Recurring Meetings

### Weekly

**Walking Away Stress** meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

**Play Group** meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

**Range Control Briefing** takes place at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

**Columbia Composite Squadron (Civil Air Patrol)** meets at 6:30 p.m., Mondays at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail [tom.alsup@gmail.com](mailto:tom.alsup@gmail.com) or visit online at [www.scwv.cap.gov](http://www.scwv.cap.gov).

**Helping Everyone Reach Optimum Strength** meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

**Medical Board Office** is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

**Protestant Women of the Chapel** meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail [pwocjackson@yahoo.com](mailto:pwocjackson@yahoo.com).

**Overseas Travel Clinic** is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

**Military Widows/Widowers Association** meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

### Monthly

**The Ladies Auxiliary** meets at 3 p.m., the second

Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Weight Loss Surgery Support Group** meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia. The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

**Seabees** meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

**Veterans of Foreign Wars** meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**La Leche Breastfeeding Support Group** meets from 10 a.m. to noon the first Tuesday of the month at the Joe E. Mann Center conference room. For information, call 751-5256/6325.

**Sergeant Audie Murphy Club** meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room [www.jackson.army.mil/360/SAMC/home.htm](http://www.jackson.army.mil/360/SAMC/home.htm).

**American Legion Post #182** meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

**Disabled American Veterans** meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

**Fleet Reserve Association** Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. For more information, call 482-4456.

**Veterans of Foreign Wars Post 4262** meets at 7 p.m., the third Tuesday of the month at 5821 North Main St. For information, call 754-1614 or 447-2320.

**Vietnam Veterans of America** Chapter 303 meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

**Purple Heart #402** meets at 7 p.m., the fourth

Tuesday of the month at the American Legion Post 6 on Pickens Street. For information, call 351-2333.

**American Red Cross** new adult volunteers orientation is the second Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Ave. For more information, call 571-4329.

**"Victory Riders" Motorcycle Club** meets at 5 p.m., the first and third Thursdays of the month at Magruders Club. For information, e-mail [sec@fvictoryriders.com](mailto:sec@fvictoryriders.com).

**Society of American Military Engineers** meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

**MEDPROS training** will be held 1-4 p.m., the third Friday of the month at the hospital, Room 9-83. For more information or to register, e-mail [Jaclynne.Smith@amedd.army.mil](mailto:Jaclynne.Smith@amedd.army.mil).

**Retired Enlisted Association** meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail [jrogers11@sc.rr.com](mailto:jrogers11@sc.rr.com).

**92nd Buffalo Chapter 20 DAV** meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

**U.S. Navy Sea Cadets**, for 11-18 year olds, meet the third weekend of the month. For information, call 622-8707.

**Fort Jackson Spouses' Club** meets monthly. Visit their Web site, [www.fortjacksonspousesclub.com](http://www.fortjacksonspousesclub.com), for more information about upcoming meetings and events, or contact the group at [Ft.JacksonSpousesclub@yahoo.com](mailto:Ft.JacksonSpousesclub@yahoo.com).

**The Thrift Shop board** meets at 10 a.m., the second Monday of each month at the Thrift Shop. Call 787-2153 for more information.

**The Ladies Auxiliary Post 4262** meets at 5 p.m., the second Sunday of each month at 5821 North Main St. Call 754-1614 for more information.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).



# ARMY NEWS

## JAG Web site offers sound legal guidance

**Maj. Joseph Topinka, Steven Engle and Lakandula Dorotheo**  
*MEDCOM Office of the Staff Judge Advocate*

Soldiers, family members and retirees usually believe they need to go to the local legal assistance office for answers to all their legal questions.

In most cases, a stop by the office is quite appropriate. In other instances, a Web site called JAGCNET, a legal information portal found online at <https://www.jagc-net.army.mil/legal>, provides a wealth of information to people about personal legal matters and preventive law.

While the Judge Advocate General Corps' Web site, is not a substitute for actual legal advice, the information is invaluable and answers many of the question people ask.

A person does not always have to visit an attorney to obtain help with legal matters, and a visit to the site can answer a lot of common questions.

The site contains information about consumer and contract matters, housing and real estate, mobilization and deployment,

estate planning, immigration, insurance, family law and taxes.

Also covered are topics such as the Servicemembers' Civil Relief Act and the Uniformed Services Employment and Reemployment Act.

JAGCNET also offers a legal assistance office locator so people can find the legal assistance office nearest them.

The site also provides a link to the Judge Advocate General Corps' Office of Soldiers' Counsel Web site where Soldiers can get information on the Army's Physical Disability Evaluation System and find out how they can acquire legal counsel throughout the Medical Evaluation Board and Physical Evaluation Board processes.

This site may be of special value to Warriors in Transition who need advice and counsel.

The Office of Soldiers' Counsel is independent from and not a subordinate office to the Army Physical Disability Agency or the PEB.

Those agencies are components of Human Resource Command.

The Office of Soldiers' Counsel also



does not advise or represent commanders, nor do they advise or represent members of the MEB or PEB.

Both sites offer a world of legal information at a person's fingertips through the Internet.

## U.S. Army Soldier Show extends application deadline

**Rob McIlvaine and Tim Hipps**  
*FMWRC Public Affairs*

ALEXANDRIA, Va. — The deadline to apply for an audition to join the cast and crew of the 2009 U.S. Army Soldier Show has been extended to Jan. 22.

The Army Entertainment Division needs vocalists, dancers, musicians, technicians and specialty acts for the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier."

"I'd like to look at Soldiers with any kind of talent, including but not limited to comedians, magicians, baton twirlers and gymnasts," said Victor Hurtado, U.S. Army Soldier Show production director.

Hurtado was named production director Dec. 28 after serving one year as military casting and production liaison with the NBC show "Nashville Star," military casting consultant at the NBC show "America's Got Talent," and serving as senior producer and co-host of Operation Rising Star. Currently, he is helping to produce Joyce Dodson's (winner of 2008 "Operation Rising Star") recording in Los Angeles.

Technicians are needed for audio, video, lighting, costuming and stage technology. Performers and technicians with experience in theater leadership, team building, and mechanical or electrical aptitude will also be considered for positions such as stage manager. They must be available from Feb. 1 through Nov. 30.

In addition, drivers are needed to help keep the U.S. Army Soldier Show on the road. Freightliner trucks and a commercial bus are used to transport the cast, crew and equipment around the country. Active duty, Reserve and National Guard Soldiers with a valid Class A driver's license are preferred, but applicants with any valid driver's license are eligible for training.

Application instructions and a letter of release sample are available online at [www.ArmyMWR.com](http://www.ArmyMWR.com) by clicking on Recreation & Leisure, Entertainment, and then U.S. Army Soldier Show.

### Mail packets

*via U.S. Postal Service to:*

United States Army Soldier Show  
Attn: 2009 Selection Committee  
P.O. Box 439  
Fort Belvoir, VA 22060

*via other carriers to:*

United States Army Soldier Show  
Attn: 2009 Selection Committee  
6091 Sharon Lane, Building 1434  
Fort Belvoir, VA 22060

If sending a nomination via the U.S. Postal Service, mail the packet to: United States Army Soldier Show, Attn: 2009 Selection Committee, P.O. Box 439, Fort Belvoir, VA 22060. Via other carriers: United States Army Soldier Show, Attn: 2009 Selection Committee, 6091 Sharon Lane, Bldg. 1434, Fort Belvoir, VA 22060.

Vocalists must submit a DVD or video cassette that exhibits musical styles, vocal range and special talents emphasizing musical variety. A suggested format features a spoken introduction, a minimum of two songs of contrasting styles, and a segment devoted to additional talents, such as dance or instrumental ability. Musicians must also submit an audio CD.

Dancers must submit a DVD or video cassette that exhibits different styles of dance. A spoken introduction, followed by at least two performance numbers illustrating various techniques, is required. Both solo and partner-accompanied dances are acceptable. Be sure to include additional talents, particularly vocals.

Vocalists who play musical instruments are ideal candidates for the Soldier Show, which will consider instru-

mentalists who can sing. Such candidates are not required to have musician as their military occupational specialty, but they should be proficient in reading basic lead sheets or chord charts.

Musicians' audition videos must include a recording of a solo performance, which can be supplemented by a recording with an ensemble or band.

Singing ability is desired but not required, and additional talents will be evaluated in conjunction with proficiency on the primary instrument, including singing, playing of multiple instruments and dancing — which should be revealed in the video.

The Army Entertainment Division's panel of judges will select Soldier-musicians for live auditions based on the videos and application packets.

Technicians must submit a resume that illustrates experience in sound, lighting, construction, carpentry or stage management. Photographs of past work are encouraged. Performers should also list their technical experience, if applicable.

All nominees must have a minimum of 90 days time in service remaining after completion of the tour in November 2009, and be deployable worldwide. Soldiers selected for the 2009 U.S. Army Soldier Show must have a change of duty or change of rater evaluation report completed prior to leaving their units.

Finalists will be notified through their respective regional headquarters by the Family and Morale, Welfare and Recreation Command's U.S. Army Entertainment Division after all applications have been reviewed. Temporary duty orders will be issued and costs paid by FMWRC for Soldiers to travel to Fort Belvoir for final auditions.

Those selected for the show will be attached to FMWRC through Nov. 30, and the others will return to their units.

For further information as well as artistic and technical inquiries, contact Army Soldier Show Production Assistant at [Daren.Taylor@us.army.mil](mailto:Daren.Taylor@us.army.mil) or (703) 380-8879.



## Army Family Covenant Update

# Roaring '20s party brings back glitz of by-gone times

**Theresa O'Hagan**

*Family and Morale, Welfare and Recreation*

Glamorous starlets, broad-shouldered private eyes, ruthless gangsters, speakeasies, the Charleston, flappers and silent movies are all part of the Roaring '20s, and the Roaring '20s are coming back.

The Officers' Club will turn into a speakeasy 6:30-10:30 p.m., Jan. 23 with a Roaring '20s party in the ballroom.

"We are so excited about this event," said Sam Guerry, Officers' Club manager. "In this time of economic stress, we wanted to have a fun and affordable evening for everyone so we contracted with Child, Youth and School Services to provide child care at Hood Street Child Development Center. We're even picking up the tab on child care."

Those needing child care should inform the club when making reservations and provide the names and ages of the children and the sponsor's name.

To encourage units to attend, the Directorate of Family and Morale, Welfare and Recreation is offering \$250 in unit funds to the unit with the largest attendance.

If free child care and unit funds are not enough to make the evening worthwhile, there is plenty more to get excited about.

"We're bringing back all the glamour and customer service of the '20s," Guerry said. "We'll have a lovely hat check girl for securing hats, coats, wraps and gloves. We'll have 'cigarette girls' passing out candy and gum cigarettes, as well as chocolate and gum cigars. We have a photographer to take pictures of your group that will be posted to our Web page for easy downloads."

For even more fun and excitement, there will be contests

and door prizes. Door prizes will be awarded every 30 minutes. Also, there will be a dance contest for the Charleston, Jitterbug and Shag. The Swing Set will play big band music throughout the evening.

A game area will be set up to play games of Clue and cards. A Clue game of champions will be played about mid-way through the evening. In addition, there will also be a costume contest. Prizes will be awarded to the Clue champion, best dancing couple, best costume (single) and best costume (couple). All prizes have been selected to go with the party's theme of old Hollywood glamour and the Roaring '20s.

"We hope our guests will dress up as their favorite movie stars from the '20s, '30s or '40s or as a gangster, his girl, a private detective, femme fatale — whatever you like from those decades," said Carole Neal, catering manager.

To encourage a "meet and mingle" atmosphere, seating will be set up to facilitate conversation and fun. An icebreaker game will be played during the cocktail hour. As guests arrive, check-in and give the speakeasy password — provided when the reservations were made — the cigarette girls will put a name tag on the back of each man and woman. Each name tag will have the name of a pair, such as Angelina Jolie and Brad Pitt, Batman and Robin, Salt and Pepper, etc. Each person must then ask other guests "yes" or "no" ques-

tions until they figure out their own identity. After the guest has figured out his or her identity, he or she must then find the other half of the pair. For example, Bonnie must find Clyde. The first pair to find each other can then claim a prize from the cigarette girls.

At each place setting, there will also be a '20s trivia quiz. Guests at the same table are encouraged to work together to complete the quiz. The table with the highest score wins prizes for everyone at the table.

Tickets include an Italian buffet dinner with fancy desserts for \$20 per person. Member discounts will be applied. Membership is not required; however, those who are eligible and would like to join the Officers' Club will be given a coupon to get one month membership fees waived when they join.

Reservations can be made by calling 782-8761.

"Don't forget to get the speakeasy password," Guerry said. "The speakeasy password will qualify you for an additional entry into the door prize drawings. Each member in your party automatically gets one entry. Giving the password at the door will give you two, so make sure everyone in your group knows the password."

"Also, those requiring child care need to make reservations early. We expect spaces to fill up fast. The deadline to make reservations for child care is Jan. 12," he said.



### Today

**Southern Style Lunch Buffet**, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

**Magraders Pub** is open for lunch for family members from noon to 4 p.m., Thursdays.

### Friday

**Artistic Expression with Jake** begins 6:30 p.m. at the Youth Center Teen Room.

**Dance** to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

### Saturday

**Step Team practice** begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

### Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club. This is a special Thank You Brunch and members get 50 percent off.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

### Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m., for \$7.

### Tuesday

**Movie Night** begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

The **Exceptional Family Member Program** will take a trip to EdVenture at 5 p.m. The cost is \$1 per person.

### Wednesday

Be a sensation with **Karaoke with**

**Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Visit the Officers' Club for a Mongolian BBQ Lunch Buffet, 11 a.m. to 2 p.m.

### Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

- The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

- **Child, Youth and School Services**

provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

- Registration, call 751-4865.

- Six weeks-kindergarten, call 751-6221/6230.

- Grades 1-5, call 751-1136/6387.

- Grades 6-12, call 751-3977/6387.

- Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

- Enjoy resort accommodations for between two and six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. For more information, call 751-4865.

# HEALTH

## Early detection key to treating cancer

**Kenneth Cobb**  
*MACH Army Public Health Nurse*

January is Cervical Cancer Awareness Month. What is cervical cancer and what is the importance of a Pap smear? Cervical cancer is cancer that starts in the cervix, the lower part of the uterus that opens at the top of the vagina. Its development is usually very slow and starts as a pre-cancerous condition called dysplasia.

This pre-cancerous condition can be detected by a Pap smear and is 100 percent treatable. For this reason, the importance of regular Pap smears should never be underestimated. Most women who are diagnosed with cervical cancer today have not had regular Pap smears or they have not followed up on abnormal results.

Unfortunately, worldwide, cervical cancer is the third most common type of cancer in women. Fortunately, cervical cancer rates are much lower in the United States because of routine use of Pap smears. The National Cancer Institute estimates that there were 11,070 new cases of cervical cancer and 3,870 deaths caused by cervical cancer in the United States in 2008. Although the number of deaths is comparatively small in the United States, far too many women continue to succumb to cervical cancer;

these deaths are preventable.

There are a number of risk factors for cervical cancer. Women who are exposed to human papilloma virus have an increased risk of getting cervical cancer.

Almost all cervical cancers are caused by HPV. HPV is a common virus that is spread through sexual intercourse.

There are many different types of HPV, and many do not cause problems. However, certain strains of HPV lead to cervical cancer.

There is a vaccine that can now protect females from the four types of HPV that cause most cervical cancers.

The vaccine is recommended for 11 and 12 year-old girls. It is also recommended for girls and women age 13 through 26 who have not yet been vaccinated or completed the vaccine series.

Other risk factors for cervical cancer include:

- Having sex at an early age.
- Having multiple sexual partners.
- Having sexual partners who have multiple partners or who participate in high-risk sexual activities.
- Women whose mothers took the drug Diethylstilbestrol during pregnancy in the early 1970s to prevent miscarriage.

— Long-term use of birth control pills (more than 5 years).

— Weakened immune system.

— Infections with genital herpes or chronic chlamydia infections.

— Poor economic status (may not be able to afford regular Pap smears).

Women should start having pelvic examinations and Pap smears within 3 years of beginning vaginal intercourse or by age 21. Pap smears should be obtained no less often than every other year or whenever your health care provider recommends the test.

At this time of year, many people make New Year resolutions often incorporating a healthier lifestyle. For women, the 2009 health to-do-list should include a pelvic examination and Pap smear.

During January, the Moncrief Army Community Hospital, Department of Preventive Medicine will be promoting cervical cancer awareness. A cervical cancer information table will be available from 11 a.m. to 1 p.m., Friday at the Commissary and from 11 a.m. to 1 p.m., Jan. 20 at the Main Post Exchange. For more information, call 751-5035.

## Civilian Fitness Program can help dieters keep New Year's resolutions

**MACH Staff Report**

At the beginning of the New Year, many people resolve to get in better physical condition. The hard part is putting that New Year's resolution into action. One easy way for civilian employees is the Civilian Fitness Program.

The Civilian Fitness Program is a DA-approved venture, which encourages DA civilians to engage in a regular program of exercise and other positive health habits. Commanders and supervisors may approve three one-hour exercise sessions each week during normal work hours for a total of 78 hours over a consecutive six-month period.

What are the benefits of participating?

- Health benefits
- Stress management
- Nutrition education on how to incorporate healthful eating habits into a busy life.

— Positive attitude and a better overall outlook about life situations; improve mental awareness.

— Decreased risk factors associated with debilitating diseases (heart disease, stroke).

— Increased work performance.

— Developing a positive lifestyle by participating in a regular exercise program.

— Receiving weekly health and fitness tips to supplement your fitness prescription.

— Setting goals and realizing them over a six-month period.

Program orientations are scheduled from noon to 12:45 p.m., Jan. 13 and 14 at Moncrief Army Community Hospital in the staff conference room on the third floor. Interested civilians can get information about the program and pick up an application during the orientations. For more information, call 751-5035.

### **Do You See What I See?**

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations Jan. 22 and Jan. 29 for all beneficiary categories, including active duty family members, retirees and retiree family members of all ages. No referral is needed to schedule an appointment.

Common cataract symptoms include foggy or cloudy vision, blurry or distorted vision, changes in color vision, frequent increases in eyeglass or contact lens prescriptions, poor night vision, halos or glare around lights, double vision, and sometimes a white or milky looking spot over the pupil of the eye.

The ophthalmologist may recommend surgery at MACH to remove a cataract if the condition interferes with normal daily activities such as reading, viewing a computer screen or driving. For those patients who require it, cataract surgery is a relatively safe and effective option.

For more information and to schedule an appointment, call 751-5406.

### **News at MACH**

Moncrief Army Community Hospital is currently undergoing major construction. The TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program and Educational and Developmental Intervention Services have moved to the 12th floor.

The new Warriors in Transition Unit and Soldier and Family Assistance Center buildings are expected to be completed soon.

Troop Medical Clinic and the dining facility will undergo construction in the coming months.

Waiting times have steadily decreased at the pharmacy with the streamlining of

mandatory call-in refills and more convenient hours for patrons. The new pharmacy being built on the ground floor will be open in early November. For more information, call 751-2291.

MACH is experiencing a shortage of the Shingles vaccine (Zostavax), and will likely not have any for three to four months. For more information, call 751-0376.

### **Helpful Information**

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at [www.moncrief.amedd.army.mil](http://www.moncrief.amedd.army.mil) or [www.tricare.osd.mil](http://www.tricare.osd.mil)

### **TRICARE Prime**

The TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program and Educational and Developmental Intervention Services have moved to the 10th floor. Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment around the clock at [www.tricareonline.com](http://www.tricareonline.com) or [www.moncrief.amedd.army.mil](http://www.moncrief.amedd.army.mil). For more information, call 751-2752.

### **Online Formulary**

The Department of Pharmacy has provided an online formulary, which can be viewed at <http://www.pharmacyonesource.com/fos/default.asp?L=69557&g=1>. This formulary can be printed out and taken to the doctor to make sure that MACH carries a specific medication.

### **Medical Records**

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

## MACH DFAC makes changes

The Moncrief Army Community Hospital dining facility hours of operation have been extended from 6 a.m. to 6 p.m., Monday-Friday and from 8 a.m. to 5:30 p.m., Saturday and Sunday. Extending the hours increases the availability of nutrition care services to the facility's customers.

Another change is the switch from a two-week menu cycle to a three-week menu cycle. The new menu cycle also includes new entrees, soups, starches, desserts, vegetables and daily specials.

For more information, call 751-2115.



# CHALKBOARD

## Uncertain economy does not prohibit college

**Ruth Russell**  
School Liaison Officer

With uncertainty dominating the economic situation, today's high school students should consider taking a moment to consider just how they will afford college. States across the nation are slashing budgets, resulting in many schools having less scholarship money available.

There are income-based loans available, however most families fall into the category of making too much money to qualify for the low income loan, but not enough to afford college.

The super-student valedictorian will always qualify for grade-based merit scholarships, but what about the rest? How can students still attend college and not graduate with a ball and chain of massive loans?

High SAT scores and perfect GPAs are not the only way a student can qualify for a merit scholarship. There are plenty of scholarships available based on other criteria.

Extracurricular activities, volunteerism, artistic ability, hobbies, family and religious affiliation, obstacles overcome, numerous personal characteristics and other qualifiers are criteria for scholarships.

There are also merit scholarships based on grades that only require students to meet a minimum grade point average (such as a 2.5 GPA) to qualify. So, merit scholarships are not just for the valedictorian.

Searching for scholarships should begin as early as possible. Once a student has chosen a major course of study, even more opportunities for scholarships open up. Numerous scholarships are available based upon specific courses of study. For example, students planning on becoming teachers may qualify for scholarships.

There are plenty of scholarship search databases available online. It is best to use multiple sites since they are not all comprehensive. You can find links to numerous scholarship sites at [www.ScholarshipCoach.com/data-](http://www.ScholarshipCoach.com/data-bases)

[www.fafsa.ed.gov](http://www.fafsa.ed.gov). Federal financial aid information and financing tips can be found at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

Scholarship applications to schools should be made as early in the year as possible. Some schools and agencies award scholarships to eligible students as they come in until the money pot runs dry. More money is available for those applying early.

Children of military personnel are eligible for special scholarships. Scholarship opportunities are as close as your local commissary. The Defense Commissary Agency offers an annual scholarship for children of active-duty personnel. Application information is available at [www.militaryscholar.org](http://www.militaryscholar.org).

Major General James Ursano Scholarship information can be found at [www.aerhq.org](http://www.aerhq.org). There are also scholarships for military children offered by specific branches or units of service.

Also, the military is a source of funding for those students interested in a military career. Assistance with college costs is available through the various ROTC programs, the GI Bill and college loan repayment programs. The GI Bill has recently provided an additional funding opportunity for children of military personnel.

Starting in August, troops may opt to allow their dependents to access portions of their GI Bill. While certainly not a "scholarship" in that the GI Bill is earned by troops, it still is college money that a family need not repay. For more details, visit [www.gibill.va.gov](http://www.gibill.va.gov).

Locally, scholarships are available for students planning to attend South Carolina schools. The South Carolina Commission on Higher Education can provide information on the Hope Scholarship, Life Scholarship and Palmetto Scholarship as well as on education lottery money that is available to help students to attend South Carolina's schools.

Children of military personnel stationed in the state may be eligible for these scholarships. For more informa-

tion, go to [www.che.sc.gov](http://www.che.sc.gov) and click on "students and parents" and then "scholarships."

Additionally, children of military personnel stationed in South Carolina qualify for in-state tuition and that eligibility continues even if the family is stationed out of state so long as the student is continually enrolled. It is estimated that in-state versus out-of-state tuition averages \$10,000 in savings per year in tuition costs.

For families with some time to go before sending children to college, many states offer a program called a "prepaid 529," in which parents can lock in today's college costs for future attendance at an in-state public college. If the child decides not to attend in the state, the money is refundable; often with interest.

The interest return is minimal compared to the amount that might be earned through investments. However, the savings on tuition cost is a substantial consideration. Four-year public colleges have averaged a 76 percent increase in tuition costs over the past decade while family income has risen only 5 percent throughout the same period of time.

Those plans also offer substantial federal and state tax savings. Most banking and loan institutions can provide more details on this program.

High school guidance counselors are a great resource of scholarship information. Some high schools hold workshops on applying for scholarships. One Web site to assist in the process is [www.cityofcollegedreams.org](http://www.cityofcollegedreams.org).

Now more than ever, students need to consider scholarship opportunities. For every dollar of scholarship money received, a student can potentially save more than \$2 dollars in student loan principal and compounded interest. Life after college will offer more freedom of choice for students without a cloud of loan repayments looming overhead.

With some effort, timing and planning college can be affordable even in a time of economic downturn.

### Fort Jackson Schools

**Second quarter ends** Jan. 15.

**Early dismissal** Jan. 16 at 11:30 a.m.

Schools closed for **Martin Luther**

**King Jr. Day** Jan. 19.

**Report cards issued** Jan. 21.

### Richland District One

A **School Board Meeting** is scheduled for 7 p.m., Tuesday at the District Office. Parents are welcome.

**Early dismissal** Jan. 14 for elementary and middle schools.

Schools closed for **Martin Luther**

**King Jr. Day** Jan. 19.

**Report cards issued** Jan. 21.

A **School Board Meeting** is scheduled for 7 p.m., Jan. 27 at E.E. Taylor Elementary School. Parents are welcome.

**High School delayed start** Jan. 28.

### Richland District Two

A **School Board Meeting** is scheduled for 7 p.m., Tuesday at Dent Middle School. Parents are welcome.

**Schools closed** Jan. 16 for a student holiday.

Schools closed for **Martin Luther**

**King Jr. Day** Jan. 19.

A **School Board Meeting** is scheduled for 7 p.m., Jan. 27 at Forest Lake El-



ementary School. Parents are welcome.

**Expanded choice and magnet applications** will be accepted until Jan. 30. All applications are due 5 p.m. For more information, visit [www.richland2.org](http://www.richland2.org).

### Fort Jackson Homeschoolers

A **get-together** for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

### SKIES

**SAT Prep classes** begin Jan. 31. Register at CYSS Central Enrollment Office. For more information, call 751-6777.

### College

ETV will broadcast a live call-in program, "How to Pay for College," 5-7 p.m., Jan. 25 for students and parents. The program will be repeated at 10:30

a.m., Jan. 29 and Feb. 2 and 9 on Channel 1 and at 4:30 p.m., Feb. 15 on ETV open circuit.

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

### Announcements

**Partnerships in Education** is sponsoring a movie contest for middle- and high-school students titled "Real Life at My School." The purpose is to introduce new students from military families to area schools. Details and applications are available in the Child, Youth and School Services Central Enrollment Office or online at [http://fortjacksonmwr.com/school\\_liaison](http://fortjacksonmwr.com/school_liaison). Submissions are due this week.

Partnerships in Education is revising the **military children transition plan** used by local schools to help transfer students. Parents who want to provide input may do so from 11:30 a.m. to 1 p.m., Tuesday (parents of middle- and high-school students and special needs children), Feb. 17 (parents of juniors and seniors) or March 24 (parents of K-12

students) at the Officers' Club. For more information, call 751-6150.

Soldier volunteers are needed for the **Adopt-A-School program** in Richland School District Two. Schools in the district are requesting Soldiers who are willing to share their expertise with administration and students. In addition, Soldier volunteers are asked to mentor, tutor and coach students within the district. For more information, e-mail [Ruth.C.Russell@us.army.mil](mailto:Ruth.C.Russell@us.army.mil) or [Keisha.MccoyWilson@us.army.mil](mailto:Keisha.MccoyWilson@us.army.mil).

### Scholarships

**Scholarships for Military Children**, [www.militaryscholar.org](http://www.militaryscholar.org), applications due Feb. 18.

**Major General James Ursano Scholarship Fund for Dependent Children**, [www.aerhq.org](http://www.aerhq.org), applications due March 1.

**Bernard Brown Space Camp Scholarship** for students in sixth through ninth grades, [www.militarychild.org/space-camp.asp](http://www.militarychild.org/space-camp.asp), applications due March 10.

**Editor's Note:** For more information on Army School Liaison Services, call 751-6150 or e-mail [Ruth.C.Russell@us.army.mil](mailto:Ruth.C.Russell@us.army.mil) or [Keisha.MccoyWilson@us.army.mil](mailto:Keisha.MccoyWilson@us.army.mil).

# New year, new beginnings

## Army Substance Abuse Program

The beginning of a new year provides a time and a season for renewal, and the changes — inner and outer — a person might have dreamed of making, but has not set into motion. As 2009 gets under way, it is time to make the typical resolutions like losing weight, quitting drinking or smoking.

But any time is a good time to make a new beginning.

At any point in life, people may make changes, find a new direction and take a new path. But sometimes, it is easier to make a new beginning at this time of year.

However, there are those who are dealing with the same problems, issues and challenges of the past year.

The holidays might have served as a difficult time for people who are more vulnerable to substance abuse or who may be recovering from addiction.

Because people may turn to alcohol and drugs to cope with stress, it is

important to target potential “triggers” that can bring about substance abuse.

It is especially important during stressful and uncertain times to focus on restoring emotional well-being. Everyone should be attentive to how he or she is responding to stress — and also to how family, friends and colleagues are responding.

Some tools for self-assessment are:

Be alert for increases in substance use and to make sure that substance abusers seek professional help.

Do you have an area in your life that you would like to change or improve?

Do you have the desire to discover the need to change, the courage to accept it and the will to enforce it?

ASAP encour-

ages everyone who answered “yes” to find the obstacle and make the decision to do something about it.

Remember, behavioral changes can be made throughout the year and not only at the beginning of the year.

If you have any questions about substance abuse, if you suspect that you might have a substance abuse problem or if you know someone who abuses alcohol or drugs, call the Army Substance Abuse Program at 751-5007.



## ASAP Calendar of Events

An *Alcohol and Drug Abuse Prevention and Training Program* will be held from 7:30 a.m. to 4:30 p.m., Feb. 9 at 3250 Sumter Ave. This two-day class is for anyone interested in learning more about alcohol and drug abuse and for those who have had an alcohol- or drug-related incident and the command feels could benefit from re-education.

A *Unit Prevention Leader* class will be held from 7:30 a.m. to 4:30 p.m., Feb. 25-27 at 3250 Sumter Ave. It is required training for newly assigned UPLs and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get request forms in early. The uniform will be duty uniform.

The Army Substance Abuse Program provides prevention and education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

For questions about classes offered or about substance abuse, call 751-5007.



# SPORTS/FITNESS

## Army MOVE keeps your promise

**Mike A. Glasch**  
Leader Staff

Just in time to make good on New Year's resolutions to get into shape, the Army MOVE program is starting up to help Soldiers who want to lose weight and improve their lifestyle.

Army MOVE is a weight management program incorporating behavior modification, nutrition and physical activity. The first class will be at 3:45 p.m., Friday in Building 2447.

It's all about getting people off their butts," explained Staff Sgt. Ron Doiron, platoon sergeant, Warrior Transition Unit, who will be facilitating the program. "It's the Army's version of WeightWatchers."

Army MOVE replaces the Weigh to Stay program. It is based on a Veteran's Affairs program, which incorporates on-line PowerPoint slides, videos and a moderator. Doiron said he has taken that model and modified it for a group setting.

"To me, the difference between the group setting that we will be using and the online version is that in the group session you physically have contact with a group of people with the same goal," he said. "They're not hundreds of miles away. They have the same goals you do. That is going to help motivate you a lot more."

During the group sessions, counselors from the Army Center for Enhanced Performance will be on hand to help with setting goals and a dietician from Moncrief Army Community Hospital will provide nutritional guidance.



"The main focus will be on education. Let's find out what food is. Let's find out how we are suppose to use food," Doiron said. "We're going to teach how to shop for food. Do your shopping in the peripheral areas because that's the real food. Everything in the aisles is processed and not as healthy."

Doiron said that initially the program will be aimed at WTU Soldiers, especially the physical activity.

"We have a lot of Soldiers who can not engage in a lot of physical activity because of their injuries. Because of that they don't think about their nutrition and how a lack of activity has caused them to gain a lot of weight," he said. "We have a lot of these Soldiers who end up going back to active duty. Being fit for duty medically is one thing, being fit for duty physically is another matter. If you let yourself get out of shape because of your injury, a lot of that can't be helped. This program will put them back on the right track and hopefully get them motivated to be where they need to be or where they want to be."

Doiron added that the program is open to any Soldier who wants to lose weight or just become better educated about nutrition and a healthy lifestyle. He said he has used the program to help get into shape to compete in triathlons and to prepare for Special Forces selection board.

For more information on the Army MOVE program, call 751-2486.

*Michael.A.Glasch@us.army.mil*

### Sports Briefs

#### Volunteer Cheerleading Coaches

Volunteer youth cheerleading coaches are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their children also play sports — 100 percent for the first child; 50 percent for siblings. For more information or to volunteer, call 751-5040.

**For youth sports,  
call 751-5610/5040;  
For golf information,  
call 787-4437/4344;  
For sports  
information, call  
751-3096.**